

**Noah Girard—4th Grade**

**Abraham Wing Common School**

**“Tar Wars” Tobacco Free Poster Contest Winner  
1st Place Finish “Tar Wars” New York State Contest  
New York State Representative, National Contest**

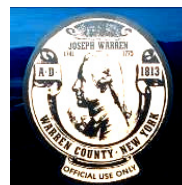
*Warren County Health Services*

**2013 “Tar Wars”**

**Tobacco Free Poster Contest Winners**

**2014 Calendar**

**Working towards tobacco free  
communities through education  
and partnerships.**



**Special Thanks To**

# Stewart's Shops

*For providing gift cards to our poster contest winners this year. Thank you for helping Warren County Public Health recognize those students that created the wonderful posters seen in this calendar.*

*Grateful,  
Warren County Public Health*

**Warren County Public Health**

Our mission is to promote physical and mental health and to prevent disease, injury and disability

1-800-755-8102 — [www.warrencountyny.gov/healthservices](http://www.warrencountyny.gov/healthservices)

**American Academy of Family Physicians**

The mission of the AAFP is to improve the health of patients, families, and communities by serving the needs of members with professionalism and creativity.

[www.aafp.org](http://www.aafp.org)

**Tar Wars**

A tobacco-free education program for kids from the American Academy of Family Physicians

[www.tarwars.org](http://www.tarwars.org)

**Resources for Tobacco Information and Cessation:**

**Southern Adirondack Tobacco Free Coalition**

518-581-1230 — [www.tobaccofreeadirondacks.org](http://www.tobaccofreeadirondacks.org)

**New York State Smoker's Quitline**

1-866-697-8487 — [www.nysmokefree.com](http://www.nysmokefree.com)

**Glens Falls Hospital**

Tobacco Cessation & Education Services

1-866-765-1565 — [www.glensfallshospital.org](http://www.glensfallshospital.org)

**Campaign for Tobacco Free Kids**

[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

*"Tar Wars" Tobacco Free education program is presented in cooperation with the American Academy of Family Physicians & New York State Academy of Family Physicians.*

Since 2002 the number of former smokers has exceeded the number of current smokers.

—Centers for Disease Control  
www.cdc.gov



# January 2014



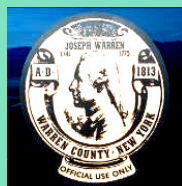
**Isaac Wright—5th Grade  
Abraham Wing Common School  
Tobacco Free Poster Contest Winner**

| Sun | Mon                                   | Tue | Wed                 | Thu | Fri | Sat |
|-----|---------------------------------------|-----|---------------------|-----|-----|-----|
|     |                                       |     | 1<br>New Year's Day | 2   | 3   | 4   |
| 5   | 6                                     | 7   | 8                   | 9   | 10  | 11  |
| 12  | 13                                    | 14  | 15                  | 16  | 17  | 18  |
| 19  | 20<br>Martin Luther King Jr. Birthday | 21  | 22                  | 23  | 24  | 25  |
| 26  | 27                                    | 28  | 29                  | 30  | 31  |     |



Ninety percent of all regular smokers begin smoking at or before age 18, and hardly anybody tries their first cigarette outside of childhood.

—Campaign for Tobacco Free Kids



# February 2014



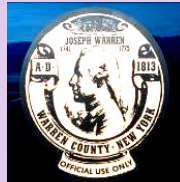
**Chelsea Speranza—4th Grade  
Bolton Landing Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon                         | Tue | Wed | Thu | Fri | Sat |
|-----|-----------------------------|-----|-----|-----|-----|-----|
|     |                             |     |     |     |     | 1   |
| 2   | 3                           | 4   | 5   | 6   | 7   | 8   |
| 9   | 10                          | 11  | 12  | 13  | 14  | 15  |
| 16  | 17<br>Washington's Birthday | 18  | 19  | 20  | 21  | 22  |
| 23  | 24                          | 25  | 26  | 27  | 28  |     |



Almost 900 Warren County 4th and 5th grade students participated in the 2013 "Tar Wars" tobacco free education program. Students learned about the deceptive practices used by Big Tobacco to get youth to smoke along with the health and monetary expenses related to smoking and tobacco use.

-Warren County Health Services Annual Report



# March 2014

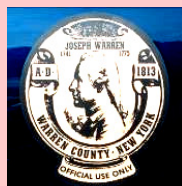


**Leah Monroe—5th Grade  
Bolton Landing Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed                     | Thu | Fri | Sat |
|-----|-----|-----|-------------------------|-----|-----|-----|
|     |     |     |                         |     |     | 1   |
| 2   | 3   | 4   | 5                       | 6   | 7   | 8   |
| 9   | 10  | 11  | 12                      | 13  | 14  | 15  |
| 16  | 17  | 18  | 19<br>Kick Butts<br>Day | 20  | 21  | 22  |
| 23  | 24  | 25  | 26                      | 27  | 28  | 29  |
| 30  | 31  |     |                         |     |     |     |

Almost 70% of adult smokers in New York state want to quit smoking. The New York State smokers quitline is here to help. Call 1-866-NY-Quits for details.

—NYS Smokers Quitline



# April 2014



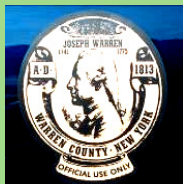
**Ella Wolfstich—5th Grade  
Glens Falls Middle School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

### What the Tobacco Companies Really Think!

"It is important to know as much as possible about teenage smoking patterns and attitudes. Today's teenager is tomorrow's potential regular customer and the overwhelming majority of smokers first begin to smoke while in their teens."

—1981 market research report for Phillip Morris



# May 2014



**Preston Allen III—4th Grade  
Hadley-Luzerne Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon                   | Tue | Wed | Thu | Fri | Sat                              |
|-----|-----------------------|-----|-----|-----|-----|----------------------------------|
|     |                       |     |     | 1   | 2   | 3                                |
| 4   | 5                     | 6   | 7   | 8   | 9   | 10                               |
| 11  | 12                    | 13  | 14  | 15  | 16  | 17                               |
| 18  | 19                    | 20  | 21  | 22  | 23  | 24                               |
| 25  | 26<br>Memorial<br>Day | 27  | 28  | 29  | 30  | 31<br>World No<br>Tobacco<br>Day |



**What the Tobacco Companies are Hiding!**  
 “I would be more cautious in using the pharmic-medical model--do we really want to tout cigarette smoke as a drug? It is, of course, but there are dangerous F.D.A. implications to having such conceptualization go beyond these walls.  
 —Phillip Morris Internal Memo, 1969



# June 2014

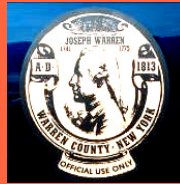


**Cassidy Berlin Rose—4th Grade  
 Hadley-Luzerne Central School  
 Tobacco Free Poster Contest Winner**

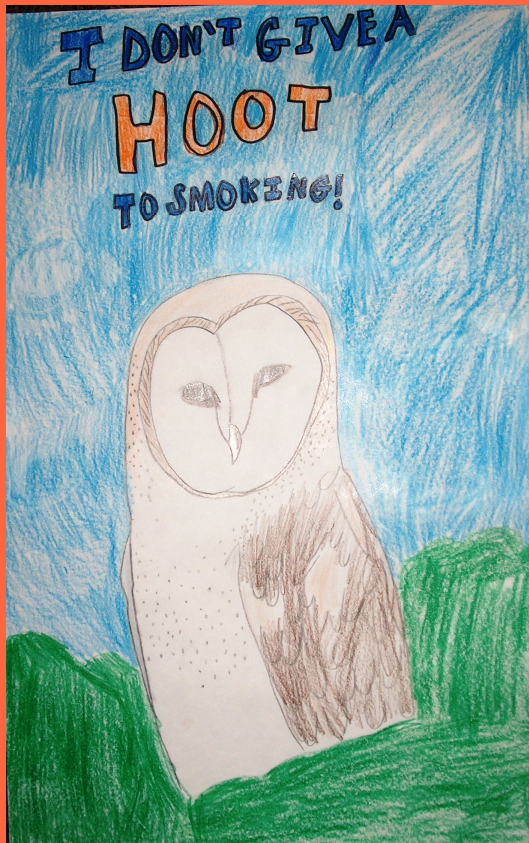
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  |     |     |     |     |     |

July 2013, marked the 10th anniversary of New York State going smoke free in most public and private workplaces. Since that time, the number of heart attacks attributed to secondhand smoke exposure have dropped significantly. Here's to another 10 years of being smoke free.

-New York State Department of Health



# July 2014



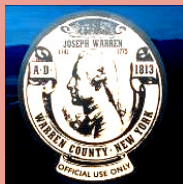
**Helena Williams—4th Grade  
Johnsburg Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu | Fri                   | Sat |
|-----|-----|-----|-----|-----|-----------------------|-----|
|     |     | 1   | 2   | 3   | 4<br>Independence Day | 5   |
| 6   | 7   | 8   | 9   | 10  | 11                    | 12  |
| 13  | 14  | 15  | 16  | 17  | 18                    | 19  |
| 20  | 21  | 22  | 23  | 24  | 25                    | 26  |
| 27  | 28  | 29  | 30  | 31  |                       |     |

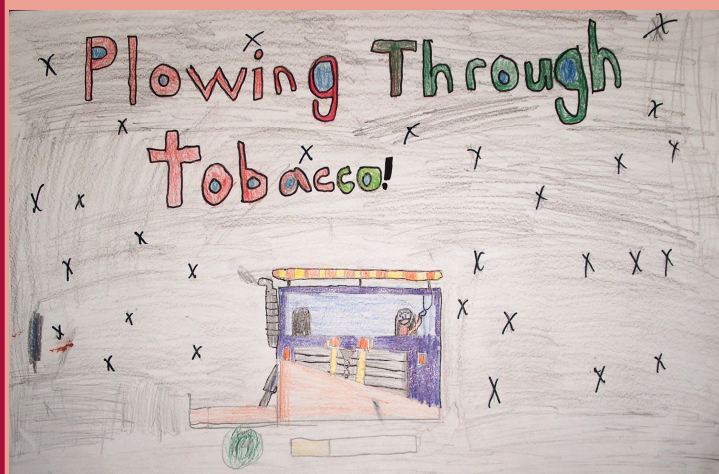
## What does it cost to be a smoker?

**\$7.00 per pack per day x 365 = \$2555 per year.**

This does not include lost wages from missing work due to sickness or the costs to treat the illness. *A well known fact;* smokers get sick more often than people who do not smoke and miss more days of work due to smoking.



# August 2014



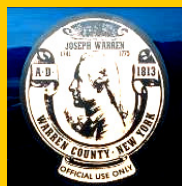
**Anthonie West—5th Grade  
Johnsburg Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  |     |     |     |     |     |     |

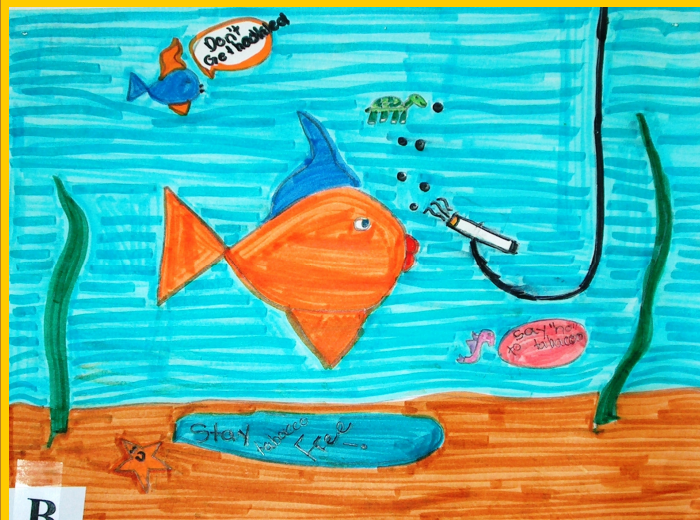


From 2000 to 2010, the prevalence of smoking declined by 70% among middle school students and 54% among high school students. These declines outpaced national declines.

—2011 Independent Evaluation Report for the New York Tobacco Control Program



# September 2014

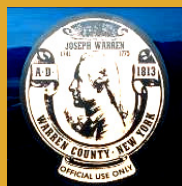


**Megan Durkin—4th Grade  
Lake George Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon            | Tue | Wed | Thu | Fri | Sat |
|-----|----------------|-----|-----|-----|-----|-----|
|     | 1<br>Labor Day | 2   | 3   | 4   | 5   | 6   |
| 7   | 8              | 9   | 10  | 11  | 12  | 13  |
| 14  | 15             | 16  | 17  | 18  | 19  | 20  |
| 21  | 22             | 23  | 24  | 25  | 26  | 27  |
| 28  | 29             | 30  |     |     |     |     |

From 2003 to 2010, the prevalence of adult smoking declined faster in New York (–29%) than in the United States (–9%).

—2011 Independent Evaluation Report for the New York Tobacco Control Program



# October 2014

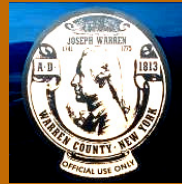


**Olivia Seh—5th Grade  
Lake George Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon                   | Tue | Wed | Thu | Fri | Sat |
|-----|-----------------------|-----|-----|-----|-----|-----|
|     |                       |     | 1   | 2   | 3   | 4   |
| 5   | 6                     | 7   | 8   | 9   | 10  | 11  |
| 12  | 13<br>Columbus<br>Day | 14  | 15  | 16  | 17  | 18  |
| 19  | 20                    | 21  | 22  | 23  | 24  | 25  |
| 26  | 27                    | 28  | 29  | 30  | 31  |     |

Smoking remains the leading cause of preventable deaths in the United States. Centers for Disease Control estimate smoking accounts for over 440,000 deaths each year in the United States.

—Centers for Disease Control and Prevention



# November 2014



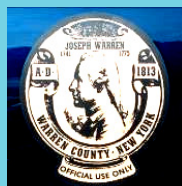
**Emma Phelps—4th Grade  
North Warren Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue                 | Wed | Thu                            | Fri | Sat |
|-----|-----|---------------------|-----|--------------------------------|-----|-----|
|     |     |                     |     |                                |     | 1   |
| 2   | 3   | 4                   | 5   | 6                              | 7   | 8   |
| 9   | 10  | 11<br>Veteran's Day | 12  | 13                             | 14  | 15  |
| 16  | 17  | 18                  | 19  | 20<br>Great American Smoke Out | 21  | 22  |
| 23  | 24  | 25                  | 26  | 27<br>Thanksgiving Day         | 28  | 29  |
| 30  |     |                     |     |                                |     |     |



If nobody smoked, one of every three cancer deaths in the United States would not happen.

—Centers for Disease Control and Prevention



# December 2014

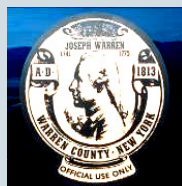


**Wiktoria Zoltobrzuch—5th Grade  
North Warren Central School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu                    | Fri | Sat |
|-----|-----|-----|-----|------------------------|-----|-----|
|     | 1   | 2   | 3   | 4                      | 5   | 6   |
| 7   | 8   | 9   | 10  | 11                     | 12  | 13  |
| 14  | 15  | 16  | 17  | 18                     | 19  | 20  |
| 21  | 22  | 23  | 24  | 25<br>Christmas<br>day | 26  | 27  |
| 28  | 29  | 30  | 31  |                        |     |     |

The tobacco industry spends more than \$1,000,000 (million) dollars an hour to market their deadly product.

—Campaign for Tobacco Free Kids



# January 2015



**Diana Dorsey—4th Grade  
St. Mary's/St. Alphonsus Regional  
Academy  
Tobacco Free Poster Contest Winner**

| Sun | Mon                                   | Tue | Wed | Thu                 | Fri | Sat |
|-----|---------------------------------------|-----|-----|---------------------|-----|-----|
|     |                                       |     |     | 1<br>New Year's Day | 2   | 3   |
| 4   | 5                                     | 6   | 7   | 8                   | 9   | 10  |
| 11  | 12                                    | 13  | 14  | 15                  | 16  | 17  |
| 18  | 19<br>Martin Luther King Jr. Birthday | 20  | 21  | 22                  | 23  | 24  |
| 25  | 26                                    | 27  | 28  | 29                  | 30  | 31  |

**Remember it is never too late to quit!**

For smoking cessation tips and information visit [www.nysmokefree.com](http://www.nysmokefree.com) or contact the Glens Falls Hospital Tobacco Cessation program at 1-866-765-1565.



# February 2015



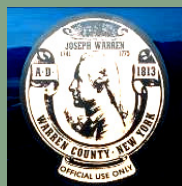
**Mattison McGuire—5th Grade  
St. Mary's/St. Alphonsus Regional  
Academy  
Tobacco Free Poster Contest Winner**

| Sun | Mon                              | Tue | Wed | Thu | Fri | Sat |
|-----|----------------------------------|-----|-----|-----|-----|-----|
| 1   | 2                                | 3   | 4   | 5   | 6   | 7   |
| 8   | 9                                | 10  | 11  | 12  | 13  | 14  |
| 15  | 16<br>Washington's Birth-<br>day | 17  | 18  | 19  | 20  | 21  |
| 22  | 23                               | 24  | 25  | 26  | 27  | 28  |

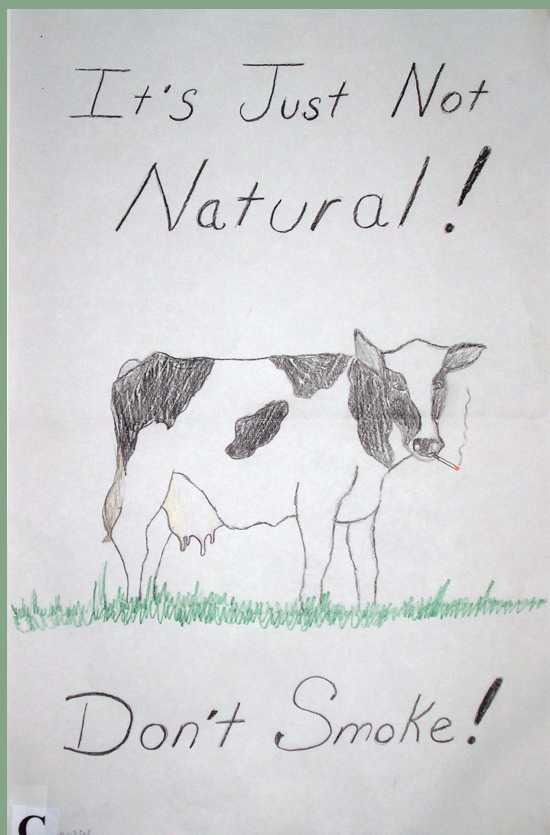


It is projected that 389,000 New York State youth age 0-17 will die from smoking.

—NYSDOH



# March 2015

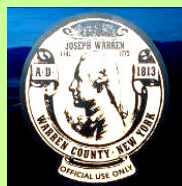


**Dylan Butler—4th Grade  
Queensbury Intermediate School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  |     |     |     |     |

The Family Smoking Prevention and Tobacco Control Act (Tobacco Control Act) was enacted on June 22, 2009, amending the Federal Food, Drug, and Cosmetic Act (FFDCA) and providing the U.S. Food & Drug Administration (FDA) with the authority to regulate tobacco products.

—NYSDOH



# April 2015



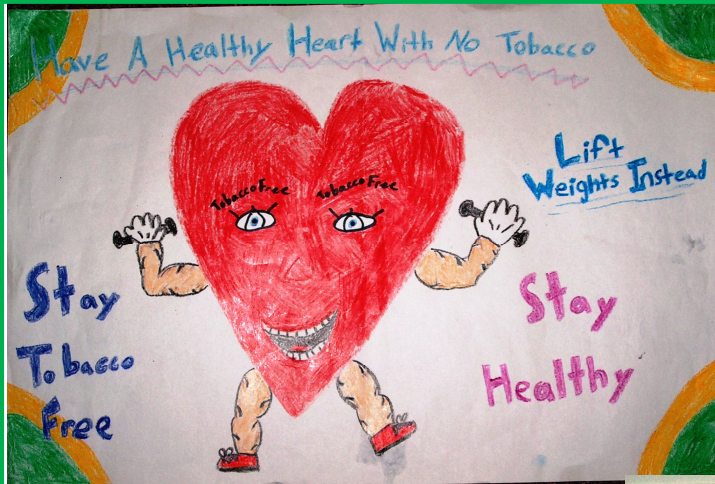
Sponsored by the  
American Academy  
of Family Physicians



**Saige Carpenter—5th Grade  
Queensbury Intermediate School  
Tobacco Free Poster Contest Winner**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  |     |     |

**Glens Falls City School District 4th Grade  
Tobacco Free Poster Contest Winners**



**Evan Wiggins 4th Grade  
Jackson Heights  
Elementary School**

**Benjamin DiFiore 4th Grade  
Kensington Road Elementary  
School**



**Patrick Mills 4th Grade  
Big Cross Street  
Elementary School**

